	RESPONSES	7891		613	7278
		ational	FOP & LAPPL	Los Angeles LAPPL	All but LA FOP
	IV	acional	TOP & LAFFE	LOS Aligeies LAFFE	All Sut LA FOF
1w	How long have you been a police officer?				
•	5 years or less	564	7%	12 2%	552 8%
	6-10 years	905	11%	51 8%	854 12%
	11-15 years	1,249	16%	85 14%	1,164 16%
	16-20 years	1,428	18%	99 16%	1,329 18%
	21-25 years	1,502	19%	203 33%	1,299 18%
	More than 25 years	2,213	28%	163 27%	2,050 28%
	Total	7,861	100%	613 100%	7,248 100%
Bw	Is any of your immediate family a law enforcement officer?				
	Yes	2,239	28%	192 31%	2,047 28%
	No	5,632	71%	421 69%	5,211 72%
	Total	7,871	100%	613 100%	7,258 100%
	Have you ever served in the military, either prior to, or during your service as a				
w	police officer?				
	Active duty military	1,571	20%	139 23%	1,432 20%
	National Guard reserves	535	7%	18 3%	517 7%
	No prior military service	5,763	73%	455 74%	5,308 73%
	Total	7,869	100%	612 100%	7,257 100%
	Have you experienced critical stress on the job?(Critical stress is a strong				
5w	emotional reaction that overwhelms your usually effective coping skills)				
	Yes	6,187	78%	510 83%	5,677 78%
	No	1,686	21%	103 17%	1,583 22%
	Total	7,873	100%	613 100%	7,260 100%
	Do you believe your stressful experiences as a police officer caused lingering or				
6w	unresolved emotional issues?				
	Yes	5,393	68%	465 76%	4,928 68%
	No	2,466	31%	146 24%	2,320 32%
	Total	7,859	100%	611 100%	7,248 100%
7w	If Yes, has it led to any of the following: (Please check all that apply)				
	Recurring/unwanted memories of incident(s)	3,423	43%	297 48%	3,126 43%
	Easily angered or withdrawn	3,491	44%	300 49%	3,191 44%
	Increased jumpiness or watchfulness	2,795	35%	255 42%	2,540 35%
	Change in view of job or future	3,306	42%	330 54%	2,976 41%
	Sleep problems	3,656	46%	328 54%	3,328 46%
	Substance abuse	835	11%	81 13%	754 10%
	Family/relationship problems	2,926	37%	247 40%	2,679 37%
	Thoughts of suicide	934	12%	56 9%	878 12%
	Total Respondents	5,615	71%	480 78%	135 2%
	Do you believe these behavioral health issues are a result of post-traumatic				
8w	stress?		540/	105 650/	4.442 644/
	Yes	4,817	61%	405 66%	4,412 61%
	No	2,413	31%	159 26%	2,254 31%
	Total	7,230	92%	564 92%	6,666 92%
_	Do you believe there is a stigma in law enforcement that creates a barrier to				
JW	seeking help for emotional or behavioral health issues?	7.000	000/	552 000/	C F2C 000/
	Yes	7,088	90%	552 90%	6,536 90%
	No 	766	10%	58 9%	708 10%
	Total	7,854	100%	610 100%	7,244 100%

N	lational	FOP & LAPPL	Los Angeles LAPPL	All but LA FOP
If Yes, what concerns contribute to this stigma about seeking help? (Please check				
(10w all that apply)				
Concern about putting job at risk	5,419	69%	410 67%	5,009 69%
Concern that work colleagues will not trust your judgment under pressure	4,636	59%	360 59%	4,276 59%
Concern that you will be seen as weak or unfit for duty	6,036	76%	476 78%	5,560 76%
Concern about potential impact on family	2,570	33%	205 33%	2,365 32%
Concern that service providers won't understand the nature of my job	3,688	47%	261 43%	3,427 47%
Overall cultural stigma about behavioral/mental health issues	4,656	59%	390 64%	4,266 59%
Total Respondents	7,106	90%	557 91%	549 8%
If you have struggled with a troublesome reaction to a critical incident at work,				
11w how did you cope with it? (Please check all that apply)				
Professional help through work	805	10%	66 11%	739 10%
Professional help outside work	1,300	16%	79 13%	1,221 17%
Talking it over with peers at work	2,735	35%	193 31%	2,542 35%
Talking it over with family or friends	3,058	39%	241 39%	2,817 39%
Distracting myself with hobbies	2,920	37%	252 41%	2,668 37%
Using alcohol or drugs	1,433	18%	130 21%	1,303 18%
Exercise	2,864	36%	318 52%	2,546 35%
Didn't do anything	1,076	14%	89 15%	987 14%
I have not struggled with any reactions to critical incidents	1,075	14%	79 13%	996 14%
Total Respondents	7,490	95%	581 95%	909 12%
	.,			
2w Are you aware of behavioral health services offered by your employer?	6 470	930/	FOF 0.79/	F 97F 910/
Yes	6,470	82%	595 97%	5,875 81%
No -	1,397	18%	18 3%	1,379 19%
Total	7,867	100%	613 100%	7,254 100%
Have you used your employer's Employee Assistance Program (EAP) for emotional				
13w or mental health issues related to your job?				
Yes	1,595	20%	148 24%	1,447 20%
No	6,269	79%	465 76%	5,804 80%
Total	7,864	100%	613 100%	7,251 100%
14w If Yes, did you find the EAP services helpful in addressing these issues?				
Yes	1,003	13%	107 17%	896 12%
No	1,440	18%	90 15%	1,350 19%
Total	2,443	31%	197 32%	2,246 31%
Have you ever participated in a Critical Incident Stress Management (CISM)				
15w defusing? Yes	2,877	36%	75 12%	2,802 38%
No	4,950	63%	533 87%	4,417 61%
Total	7,827	99%	608 99%	7,219 99%
16w If Yes, did you find the Critical Incident Stress Management defusing(s) helpful?	1 005	24%	48 8%	1,857 26%
Yes	1,905			
No Total	1,631	21%		1,545 21%
Total	3,536	45%	134 22%	3,402 47%
Have you ever sought help from a peer support service or from a fellow police				
17w officer?		2224	452 252/	2.452
Yes	2,605	33%	153 25%	2,452 34%
No	5,225	66%	459 75%	4,766 65%
Total	7,830	99%	612 100%	7,218 99%
18w If Yes, did you find peer support helpful?				
Yes	2,380	30%	137 22%	2,243 31%
	882	11%	61 10%	821 11%
No	3,262		198 32%	3,064 42%

N	National	I FOP & LAPPL	Los Angeles LAPPL	All but LA FOP		
Yes	2,698	34%	213 35%	2,485	34%	
No	5,103	65%	394 64%	4,709	65%	
Total	7,801	99%	607 99%	7,194	99%	
Q20w If Yes, did you find private counseling or therapy helpful?						
Yes	2,144	27%	164 27%	1,980	27%	
No	1,162	15%	91 15%	1,071	15%	
Total	3,306	42%	255 42%	3,051	42%	
Q21w Are there other behavioral health services or resources available to you?						
Yes	4,476	57%	391 64%	4,085	56%	
No	2,934	37%	194 32%	2,740	38%	
Total	7,410	94%	585 95%	6,825	94%	
Q22w If Yes, please indicate which of the following are available to you:						
Suicide/crisis hotline	3,427	43%	269 44%	3,158	43%	
Substance abuse counseling	3,185	40%	295 48%	2,890	40%	
Online resource/support services	3,097	39%	280 46%	2,817	39%	
Total Respondents	4,277	54%	369 60%	908	12%	
Q23w Did you find any of these additional services helpful?		_			_	
Yes	958	12%	95 15%	863	12%	
No	2,121	27%	164 27%	1,957	27%	
Total	3,079	39%	259 42%	2,820	39%	
Do you believe there are adequate behavioral health services available to police						
Q24w officers?						
Yes	2,713	34%	334 54%	2,379	33%	
No	5,001	63%	266 43%	4,735	65%	
Total	7,714	98%	600 98%	7,114	98%	
Do you believe there is adequate recognition that behavioral health support						
Q25w services for police officers are important or necessary?						
Yes	2,904	37%	309 50%	2,595	36%	
No T	4,878	62%	297 48%	4,581	63%	
Total	7,782	99%	606 99%	7,176	99%	
Did you receive behavioral health awareness education when you went to work as						
Q26w a police officer?		222/	242 550	2.24	200/	
Yes	2,554	32%	343 56%	2,211	30%	
No Total	5,237	66%	263 43%	4,974	68%	
Total	7,791	99%	606 99%	7,185	99%	
Have you ever received training on your police department's behavioral health						
Q27w services?				1		
Yes	3,690	47%	459 75%	3,231	44%	
No T	4,104	52%	145 24%	3,959	54%	
Total	7,794	99%	604 99%	7,190	99%	
			I	I		

Natio	onal	FOP & LAPPL	Los Angeles LAPPL	All but LA	FOP
Do you believe greater awareness about behavioral health and post-traumatic					
Q28w stress in law enforcement will lead to improved services to address these issues?					
Yes 7,	,059 89	9%	528 86%	6,531	90%
No	760 10	0%	82 13%	678	9%
Total 7,	,819 99	9%	610 100%	7,209	99%
Do you feel the public is aware of the effect that critical stress has on police					
Q29w officers?					
Yes	291	4%	24 4%	267	4%
No 7,	,575 96	6%	586 96%	6,989	96%
Total 7,	,866 100	0%	610 100%	7,256	100%